



GUELPH VICTORS TUESDAY TEMPO • START & END AT RUNNING WORKS, 89 GORDON ST.

WARM-UP (approx. 1.5K)

- south on Gordon
- right on Water Street (1k)
- continue to Edinburgh, cross at light

TEMPO 1 (approx. 2K)

- follow Water Street
- left on Denver
- right on Pacific (2k)
- [8K option: carry on straight to Municipal]
- left on Municipal, follow around to Edinburgh (3k)

TEMPO 2 (approx. 3K)

- at Edinburgh, walk up east sidewalk to pedestrian lights, cross to Forest St (4k)
- right on Talbot (second right)
- left on Dean
- left on Harcourt (5k)
- right on Mary, then immediate left on Forest
- right on Maple
- left on Cedar (6k)
- left on High Park Drive
- right on Bellevue
- left at Edinburgh back to crossing lights at Municipal

TEMPO 3 (approx. 2K)

- retrace initial route on Municipal/Pacific/Water Streets (8k), back to Edinburgh
- [8K option: turn right on Denver, right on Water Street]

COOL-DOWN (1.5K)

- follow Water St. (9k) to return to Running Works (10k)
- scenic option: hang a left on McCrae and return to store through Royal City Park